

## Connecticut Senior Open Championships Conduct of Competition

Dear Coaches,

We are excited to be hosting one of the faster Connecticut Championships in recent years and are doing our very best to make this championship an enjoyable experience for all of the athletes, parents and coaches. In order to facilitate the smooth running of this Championship, we are providing you with an itinerary, warm up procedure, and approximate starting times. We are requesting that each coach adhere to the itinerary and all published rules and protocol associated with this championship.

### 400 Free and 400 IM

Due to the preliminary time line and large entry of 400's, we will use a tiered format for the 400 free and 400 IM. The top 6 heats will run (slowest to fastest) as the first event while the remaining heats will run (fastest to slowest) as the last event of each preliminary session.

### Ready Room

We will be using a *ready room (located in the office)* for all participants in the "A" Final of each individual event

Please have your athletes in the *ready room* at the start of the "C" final for that event. We are asking that each "A" *finalist* wear appropriate team apparel to the *ready room*. Parade of finalists will begin at the conclusion of the "B" final.

### Recognition

It is our intention to recognize the "A" *finalists* in each individual event. Bio-forms are located at the announcers table. Bio-forms are due to the announcer prior to the start of each finals session. We will archive bio's each night to use for the next evenings final. It is the coaches responsibility to update or make any changes to athletes bio's.

### Awards

Award ceremonies will be conducted for the top 8 finalists in each individual event and top 3 teams in each relay event. Please refer to the itinerary for awards approximate start times. Please remind your athletes to be prepared to accept their award at the awards platform during ceremonies. We are asking finalists and relay teams to wear appropriate team apparel to the awards platform. The coach representing the winning (team, athlete) will present the awards for that event.

### Warm ups

Please adhere to the published warm up procedure for all sessions

For all sessions, warm up/warm down periods will be conducted after each Men's event. Warm ups will not be allowed during awards ceremonies.

### Hospitality

Hospitality is available to all coaches during preliminary and final sessions. The hospitality room is located adjacent to the office.

Breakfast	6:30am	Fri-Sun
Lunch	12:30pm	Fri
	12:30pm	Sat
	11:00am	Sun
Light Snacks	4:30pm	Fri-Sun

Thank you for your cooperation.